

Stop your pan from boiling over!  
 Use coping skills. Coping skills are things you do to stay happy and safe. You use different skills, depending on how hot your pan is. Adults help you by doing things that match how upset you are. Write 3 skills for YOU and for ADULTS to use for each pan.

**SIMMER**

Good Mood  
 Happy Thoughts  
 Nice Behaviors



**ROLLING BOIL**

Low Mood  
 Angry Thoughts  
 Oops! Behaviors



**BOILING OVER**

Terrible Mood  
 Out-of-Control Thoughts  
 Unsafe Behaviors

My Coping Skills



Goal: Keep pan simmering

Goal: Return to simmer

Goal: Return to simmer

How Adults Help Me



Goal: Maintain simmer

Goal: Lower heat, gently stir food, add something to decrease boiling

Goal: Immediately remove pan from heat, protect from hot food spilling out, call help into the kitchen.